

# 10 Ways to Get 10K

*To average 10,000 steps a day in the 10K-A-Day program, you'll need to increase your activity consistently. That means setting aside time each day for dedicated walking or jogging – outdoors, at an indoor mall, or on the treadmill in a fitness facility, for example. It also means taking each opportunity throughout the day to increase your walking.*

Every step you take adds up. Here are 10 ways to put more steps into your day:

- 1. Add more steps** to routine chores by walking around the block each time you go to your mailbox or walking around the outside aisles of the grocery store before starting to shop.
- 2. Walk to the coffee machine** or restroom farthest from your office.
- 3. Exit the bus** several stops from your destination and walk the rest of the way.
- 4. Take a walk with your children** instead of watching TV with them.
- 5. Pace the floor** while talking on the phone.
- 6. Take the stairs** instead of the elevator.
- 7. Hold a meeting** while you go for a walk.
- 8. Park far away** from your destination and walk.
- 9. Walk into the bank** or restaurant instead of using the drive-in window.
- 10. Take a walk while waiting** for your doctor's appointment or for a restaurant table.



*"The distance is nothing; it is only the first step that is difficult."  
– Madame du Deffand, in a letter to Jean Le Rond d'Alembert, July 7, 1763*